

CONTACT DERMATITIS ALTERNATIVES

Rajani Katta MD Director, Contact Dermatitis Clinic, Baylor College of Medicine
(adapted from 2014 handout)

For more detailed handouts, see www.doctorkatta.com [Contact Dermatitis section]

Skin care products

The products below are all free of: Natural fragrance additives, botanicals, synthetic fragrance additives, formaldehyde, lanolin and methylchloroisothiazolinone

NOTE: These recommendations only apply for the exact products listed. Products that are the same brand & have a similar name may not be a safe choice. While we make every effort to provide up-to-date information, product formulations frequently change, so read labels & use caution

Facial cleansers

Eye/face cleansers: Albolene gentle cleanser [to remove make-up and as a facial cleanser for very sensitive skin

Liquid cleansers: Cetaphil gentle skin cleanser [liquid only]; Cerave foaming cleanser, Free and Clear liquid cleanser

Bar soaps: Aveeno fragrance-free bar soap, Neutrogena fragrance-free bar soap, Vanicream bar soap

Moisturizers

Pure Vaseline petroleum jelly [no added fragrance or flavoring], Aveeno Eczema Therapy cream, Cerave cream, Theraplex emollient cream, Vanicream cream

Hair Care

Neutrogena T-sal shampoo

DHS conditioner

For shampoo, conditioner, styling gel and hairspray:

Free and Clear hair care [1-800-325-8232] Magick

Botanicals fragrance-free hair care

[1-800-237-0674]

Sunscreens

Neutrogena Pure and Free Baby Sunblock Stick SPF 60

Shaving

Vanicream shave gel

Shave with Free and Clear shampoo

Laundry detergent

Vanicream SPF 50 [1-800-325-8232]

Tide Free, All Free & Clear, or Cheer Free

Lip products

Stop chapsticks/Burts's Bees/Blistex/Carmex

Stop chewing gum, mints, mouthwash

Use only pure Vaseline petroleum jelly [no fragrance or flavoring]

For toothpaste, may use Pepsodent

Deodorant/ Anti-Perspirant

Almay roll-on deodorant

CertainDri Clinical Strength Roll-On Anti-Perspirant

Crystal Body Deodorant Stick

Crystal Roll-On Body Deodorant

Drysol

Nickel detection

Nickel test kit to detect the presence of nickel

Does not harm the object being tested

Nickelsolution.com or allerderm.com

Protection against nickel

Clear lacquer to protect against leaching of nickel:

www.nickelsolution.com

Ask jeweler to apply a coating [thicker than plating] of rhodium or platinum to protect against nickel in jewelry

Nickel allergy and jewelry

Sterling silver and 18K yellow gold are usually OK

Avoid most white gold

Always check with jeweler if purchasing alloys

[Even expensive titanium and platinum jewelry may



sometimes be alloyed with nickel]

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Formaldehyde-Free Clothing

100% polyester

100% silk

Most 100% denim

Cottonique.com cotton clothing

Cleaning Supplies

HomeFree dishwashing, household [1-800-621-5545]

